

ABSTRACT

**CULINARY BASE AND METHOD FOR THE PREPARATION OF A
READY-COOKED DISH OR A FLAVORED DRINK**

The culinary base comprises at least 75% of proteins by dry weight relative to the final dry weight of said base, lipids and carbohydrates. To prepare a ready-cooked dish or a flavored drink, at least one raw, pre-cooked, cooked or further-processed food is available, and said foods are mixed with the culinary base.